Nutrition News You Can Use

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Bureau of Nutrition and Physical Activity
In The Spotlight

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Health and Wellness for all Arizonans
State Obesity Prevalence

1986

2010

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Health and Wellness for all Arizonans
Influence

A Social Ecological Framework for Nutrition and Physical Activity Decisions

- Belief System
- Heritage
- Religion
- Priorities
- Lifestyle
- Body Image

- Government
- Public Health and Health Care Systems
- Agriculture
- Marketing/Media
- Community Design and Safety
- Foundations and Funders
- Industry
  - Food
  - Beverage
  - Physical Activity
  - Entertainment

- Homes
- Schools
- Workplaces
- Recreational Facilities
- Foodservice and Retail Establishments
- Other Community Settings

- Demographic Factors (e.g., age, gender, socioeconomic status, race/ethnicity, disability status)
- Psychosocial Factors
- Knowledge and Skills
- Gene-Environment Interactors
- Other Personal Factors

Social and Cultural Norms and Values

Sectors of Influence

Enviromental Settings

Individual Factors

Food and Beverage Intake

Physical Activity

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Health and Wellness for all Arizonans
Our Role in Obesity Prevention

Create environments where healthy eating and being active are the easy, natural choices.

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Health and Wellness for all Arizonans
In response to questions about whether there are different ways to define the adequacy of SNAP allotments consistent with the program goals of improving food security and access to a healthy diet, USDA’s Food and Nutrition Service (FNS) asked the Institute of Medicine (IOM) to conduct a study to examine the feasibility of defining the adequacy of SNAP allotments.
Framework for Determining Feasibility

Factors Affecting Food Security and Access to a Healthy Diet

Total Resources
- Financial/In-Kind Income
  - SNAP benefits
  - Other program benefits
  - Household income
  - Other resources (e.g., emergency food assistance)

Time
- Amount available for securing/preparing food

Individual/Household Factors
- Dietary knowledge
- Attitudes/preferences
- Cultural influences
- Skills/abilities
- Space/equipment
- Special needs

Environmental Factors
- Prices
- Location
- Transportation

Purchasing and Consumption Patterns
- Amounts of food
- Kinds of food

Program Goals
- Food Security
- Access to a Healthy Diet

SNAP Program Characteristics
- Benefit Formula, Eligibility Criteria
- Nutrition Education
- Allowed Retail Outlets
- Restrictions/Incentives

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Conclusion 1: The Adequacy of SNAP Allotments Can Be Defined

Doing so entails identifying the factors that affect the ability of participants to attain food security and access to a healthy diet. The available evidence has some limitations, but it is possible to obtain the evidence needed for a science-driven definition of allotment adequacy. First, evidence must be taken into account on the degree to which specific individual, household, and environmental factors influence SNAP participants’ purchasing power, given a dollar value of their SNAP benefits. Second, evidence must be taken into account on the impacts of factors related to the computation of the dollar value of the SNAP allotment itself, as well as other SNAP program characteristics.
Conclusion 2: The Adequacy of SNAP Allotments Is Influenced by Individual, Household, and Environmental Factors

The opportunity for SNAP participants to meet the program goals, given a dollar value of their SNAP benefits, is influenced by a number of individual, household, and environmental factors that impact the purchasing power of the allotments. The committee found that a definition of the adequacy of SNAP allotments must account for these factors according to the magnitude and significance of their influence on the allotment’s purchasing power. Although SNAP allotments might be adequate in the absence of these factors, the evidence suggests that these factors can act as barriers to obtaining nutritious foods and preparing nutritious meals.
Conclusion 3: The Adequacy of SNAP Allotments Is Influenced by Program Characteristics

The evidence suggests that a number of factors related to how the dollar value of SNAP allotments is calculated, as well as other SNAP program characteristics, can influence the feasibility of defining an adequate SNAP allotment. The evidence supports the conclusion that the maximum monthly benefit, the benefit reduction rate, and the net income calculation have important impacts on the definition of the adequacy of SNAP allotments.
“Nutrition education interventions, such as those delivered through SNAP-Ed, vary dramatically in terms of age, gender, cultural background, and the contextual factors that impact participants’ ability to both engage in and benefit from the interventions. In addition, interventions differ greatly in the specific behavioral objectives targeted, the educational dose administered, and the approach employed (e.g., direct education with and without changes in the surrounding food and activity environment; whether the intervention is delivered by professional nutritionists or trained paraprofessionals), thus making an overall assessment of the effectiveness of nutrition education challenging. Moreover, while each of the studies cited above reports at least some positive results of these interventions, each has weaknesses in study design and/or assessment of outcomes. For example, the intensity of interventions studied varies dramatically, and the committee found no studies assessing the educational dose needed to elicit positive outcomes.”
AND SNAP Expert Survey

A Qualitative Study of Diverse Experts’ Views about Barriers and Strategies to Improve the Diets and Health of Supplemental Nutrition Assistance Program (SNAP) Beneficiaries.

Six themes emerged among 27 experts

- At least 5 years of experience working with SNAP in the sectors of academia/research (n7), government (n7), anti-hunger or health advocacy (n10), or industry (n3).

1) Providing SNAP participants with incentives to purchase nutrient-rich food consistent with the 2010 Dietary Guidelines for Americans
2) Restricting the purchase of nutrient-poor foods and beverages with program benefits
3) Modifying the frequency of SNAP benefit distribution
4) Enhancing nutrition education
5) Improving the SNAP retailer environment
6) Increasing state and federal level coordination and consistency of program implementation.

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Nutrition and Wellness Tips for Young Children:
Provider Handbook for the Child and Adult Care Food Program

AVAILABLE NOW!

A joint publication by the
U.S. Department of Agriculture
and the
U.S. Department of Health and Human Services

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Health and Wellness for all Arizonans
The National Resource Center on Nutrition and Aging

- **What Are the Components of a Quality Nutrition Program? Part 1**
  When: February 12, 2013
  Time: 3:30 to 4:30 pm (Eastern)
  (2:30 p.m. Central / 12:30 p.m. Pacific)

- **What Are the Components of a Quality Nutrition Program? Part 2**
  When: February 26, 2013
  Time: 3:30 to 4:45 pm (Eastern)
  (2:30 p.m. Central / 12:30 p.m. Pacific)
Program Highlight

California Nutrition Network – Physical Activity Integration

• The PA Specialists are charged with the task of integrating physical activity into all Network-funded nutrition education efforts and programs

• Tools for Learning – Fuel For Moving

• Performance Related Nutrition Kindergarten – High School

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Curriculum/Materials Highlight
Fruit and Veggie Consumption – The Magic Bullet?

U.S. & Arizona Fruit and Vegetable Consumption Daily Frequency Among Adults

- 2 + Fruit: 32.8 (U.S. National Adults) vs. 32.8 (Arizona Adults)
- 3 + Vegetables: 27.4 (U.S. National Adults) vs. 30.4 (Arizona Adults)
- Both 2 + Fruit and 3 + Vegetables: 14 (U.S. National Adults) vs. 16.1 (Arizona Adults)

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Health and Wellness for all Arizonans
CDC Guide to Increase the Consumption of Fruits and Vegetables

• Promote food policy councils
• Improve access to retail stores
• Farm-to-institution programs
• Farmers’ markets
• Community supported agriculture
• Ensure access to fruits and vegetables & establish policies to incorporate these foods in school activities
• Community and home gardens
Barriers

• Challenges/Barriers to Improving Diets and Health of SNAP Recipients:
  – High cost of nutrient-rich foods
  – Heavy marketing & low cost of unhealthy foods
  – Inadequate SNAP benefit amounts
  – Limited access to purchasing healthy foods
  – Environmental factors associated with poverty
Partnering for Success

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Health and Wellness for all Arizonans
National Nutrition Month: Eat Right, Your Way, Every Day

National Nutrition Month® 2013

Everyone is different!
The Academy encourages personalized healthy eating styles.

Learn more at www.eatright.org/nnm.

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Questions?